

What is WIC?

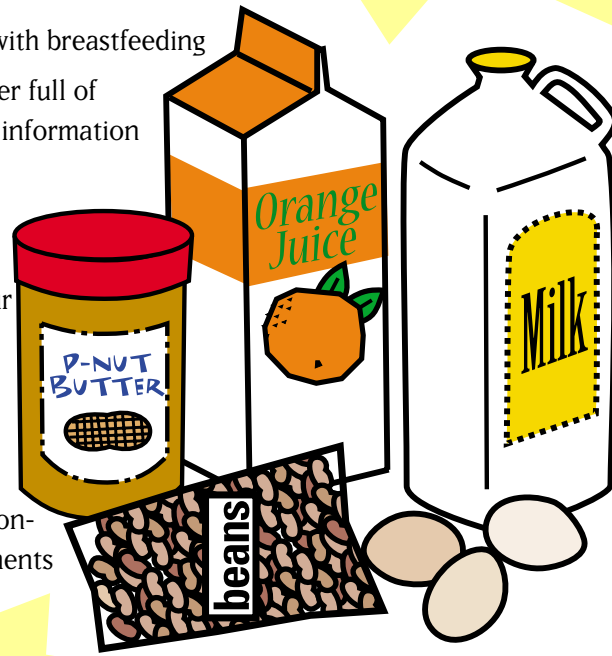
WIC is a program that helps mothers and young children eat well and stay healthy. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children.

What can I get from WIC?

- ✧ Healthy foods.
- ✧ Help getting health care and other services you and your family may need.
- ✧ Nutrition education to help you and your family eat well and be healthy, such as:

- support and help with breastfeeding
- quarterly newsletter full of seasonal nutrition information and local events
- talks about topics like healthy pregnancy, feeding your baby, or healthy foods kids like to eat
- cooking classes
- private nutrition consultation appointments

WIC FOODS WILL HELP YOU
AND YOUR FAMILY STAY
HEALTHY AND FEEL GOOD!



WIC FOODS ARE
HIGH IN PROTEIN, IRON,
CALCIUM AND
VITAMINS A, C AND D!

Who is WIC for?*

- ✧ Women who are pregnant, breastfeeding or who have a new baby.
- ✧ Infants under 12 months old.
- ✧ Children under 5 years old.

* Individuals may not participate in WIC and CSFP at the same time.

How long can I stay on WIC?

As long as you meet the income, health, and age rules, you may stay on WIC.

- ✧ **FOR WOMEN—WHILE YOU ARE PREGNANT, AND**
If breastfeeding—until one year after your baby is born.
If not breastfeeding—until six months after your baby is born.
- ✧ **FOR BABIES AND CHILDREN—**
Until your child reaches age 5.

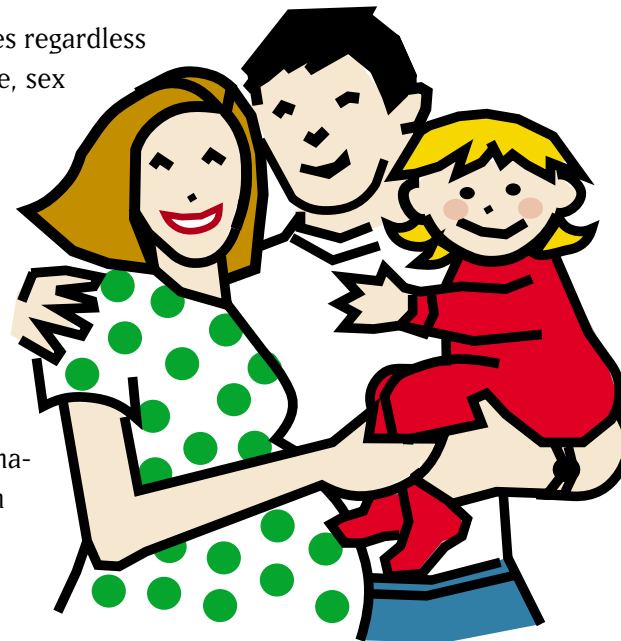
What do I need to do to stay on WIC?

About every 6 months, we will check to see if you or your child can still get WIC. This is called recertification. You will need to make an appointment to see us and bring:

- ✧ The papers we send you in the mail—it works best when you fill them out before you come in.
- ✧ Proof of residency, identity, and income (a Medicaid or Dr. Dynasaur card is considered proof of all three).
- ✧ Your child's immunization record.
- ✧ Your baby or child.

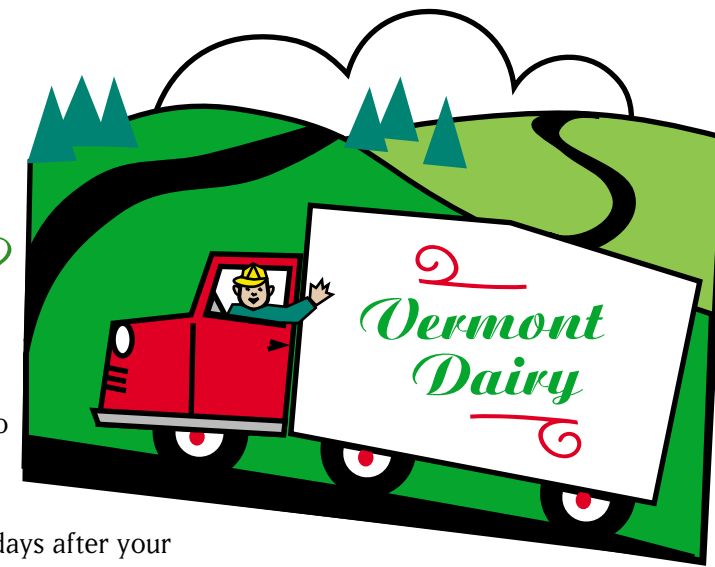
What are my rights on the WIC program?

- ✧ You have the right to WIC services regardless of race, color, national origin, age, sex (of children) or disability.
- ✧ You have the right to be treated fairly and courteously by WIC staff.
- ✧ You have the right to be treated with courtesy and respect by the vendor and their employees.
- ✧ You have the right to have information you give to the WIC program treated as confidential.



How do I get my WIC foods?

In Vermont, you get WIC foods from a vendor (a person who delivers food). The food is delivered to your home about 10 days after your first WIC appointment. If you live in an area where food is not delivered, WIC staff will help you and your vendor find a place where your food can be delivered.



It's best to be home when your food is delivered so that you can put it in the refrigerator right away. When you can't be home, leave a cooler labeled "WIC" where the vendor can see it. In warm weather, put some ice in the cooler (freezing water in a recycled milk jug works well). When weather is very cold, the cooler will help keep food from freezing.

What should I do to help the WIC program work for me?

- ✧ If you started WIC when you were pregnant, tell us when your baby is born.
- ✧ Call us about any changes in your name, address, telephone number or income. If you are going to move, ask us to send your records to a new WIC office.
- ✧ WIC foods are for you and your family. Tell us if your food order needs to be changed or if you want the food to be stopped for a short time while you are away from home.
- ✧ Keep your WIC appointments. If you miss an appointment your food order may stop. If you can't go to an appointment, call to reschedule.

How to keep track of WLC deliveries:

Each month you will get a Proof of Delivery form, called a POD. The POD helps you keep track of your WIC food. This is what a POD looks like— you must sign the POD and give it to your vendor every month to keep getting WIC food.

getting WIC food.

How To use the POD:

- 1 District health office and telephone number
- 2 Your vendor's name, address and telephone number
- 3 Your name and address or delivery directions
- 4 The names of WIC participants in your household
- 5 The month you need to recertify for WIC
- 6 The month that the POD is for
- 7 The total amount of food you will receive each month
- 8 The dates that your food will be delivered
- 9 Write in any missing food items
- 10 Check YES or NO each month to show whether you received all your WIC food
- II Sign the form at the end of each month

Here are the steps to take—
keep foods coming!

1. Use your monthly POD to make sure that you got all the right foods each week. If some food is missing or bad, call your vendor right away to get foods replaced.
2. At the end of the month - sign your POD
 - Check "yes" if you got all the right food.
 - Check "no" if you did not get all of the right food. Fill in the "foods not received" column.
3. Put the POD out for the vendor to pick up at the first delivery of the next month.
 - Leave the POD or note in a place where your vendor will see it or mail the POD to the vendor.
 - If you lose your POD, mail the yellow postcard or a note saying whether or not you got all your WIC food, and include your name and address

If your vendor does not get a signed copy of your POD, you will stop getting your WIC food. You must sign the POD to show that you got your WIC food each month for delivery to continue.

Welcome to WIC!

If you have any more questions about WIC, please ask.

We're here to help you and your family eat well and stay healthy!

WIC is an equal opportunity program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202)720-5964 (voice and TDD). "USDA is an equal opportunity provider and employer."

This information is available in other formats.

District office

Vendor

Welcome to WIC!

